



KS1/2: Morning activity in registration or assembly

Monster Colour Breathing

Area of focus: Creativity

Monster: Sparky

Duration: Approximately 2 minutes

Activity

1. Close your eyes* and think of a colour (maybe blue for peace, pink for love, yellow for happiness).
2. Now take a deep breath, eyes still closed and imagine you are breathing in a colour.
3. Now imagine this colour is travelling all around your body, touching every part inside of you from your head to your toes.
4. Now, as you breathe out, imagine you are breathing the colour gently into the room. Fill the room with colour.

Plenary

Now where does the colour land?
How did this exercise make you feel?

*Some children may find closing their eyes daunting so always give option to look downwards instead.



KS2: Morning activity in registration
or assembly

Monster Facial Massage

Area of focus: Relaxation

Monster: Snug

Duration: Approximately 7 minutes

Introduction

It's a common myth that monsters don't take care of themselves. Mindful Monsters love facials. Try a monster facial.

Activity

Massage three times over the forehead, under the eyes, down the nose, across the cheeks, down under the chin and down the neck.

1. Rub, pat, stroke and tap your scalp gently with your fingers.
2. Massage your neck.
3. Squeeze the top of your nose and gently press under your eyes.
4. Pull your hair gently.
5. Shrug your shoulders up and down.
6. Squeeze your ears gently.
7. Put your hands over your ears and listen to your heartbeat.
8. Remove your fingers from your ears and let your worries fly away.

Plenary

How do you feel?
Do you feel calm?
Did it feel nice?



KS1/2: Morning activity in registration or assembly

Monster Breathing

Area of focus: Concentration

Monster: Thinky

Duration: Approximately 2 minutes

Resource for teacher to watch

www.youtube.com/watch?v=sh79w9pn9Cg

Introduction

Now we are going to learn to breathe big and slow like a monster, by concentrating on our hands and our breathing. This will help you to feel calm and focus the mind. It's a good thing to do if you're ever struggling to concentrate on a school task.

Activity

1. Spread one hand out like a star.
2. Use the index finger on your other hand to trace the outline of your star hand.
3. Take a deep monster breath in as you move to the top of your thumb.
4. Breathe out long and slowly as you move down between your thumb and first finger.
5. Take another big monster breath in as you move to the top of your first finger.
6. Breathe out as you move down between your first and second finger.
7. Repeat until you have taken five slow, deep monster breaths.

Plenary

How do you feel?

Do you feel focused?

This activity helps to give your mind a rest.



KS1/2: Morning activity in registration or assembly

Monster Wave

Area of focus: Concentration

Monster: Thinky

Duration: Approximately 2 minutes

Introduction

Becoming a Mindful Monster and concentrating like Thinky.

Activity

1. To be a Mindful Monster, we need monster claws!
2. Stretch your right arm and hand out in front of you.
3. Spread your fingers as wide as you can.
4. Now scrunch them inwards – this is your monster claw.
5. Try with the other hand – now you have two!
6. Everyone, hold out your hands in front of you, stretch your fingers on both hands as wide as you can, now scrunch them into claws, now you officially have two monster claws to wave with!

Practice

When I make my claws, you monster wave back to show that you are concentrating like a Mindful Monster as quickly and quietly as possible.

(Teacher shows an example of the claw and waits for children to copy)

Do a couple of practices to make sure they have the hang of it!



KS1/2: Morning activity in registration or assembly

Monster Slump 'n' Smile

Area of focus: Positivity

Monster: Giggles

Duration: Approximately 2 minutes

Introduction

Becoming a Mindful Monster and positive like Giggles. First you have to practice being a Mindful Monster.

Activity

1. Try slouching or slumping down and thinking happy thoughts.
2. Now sit (or stand) really tall, smile and think a grumpy thought. Can you do it?

Plenary

This shows how closely your body and mind are.

If you have a positive walk and a smile, it's hard to be grumpy – try practicing it today.

Being positive about things can make you feel happy. Try this in school, on the playground and at home when you want to be happier.



KS1/2: Morning activity in registration or assembly

Monster Hand Massage

Area of focus: Relaxation

Monster: Snug

Duration: Approximately 2 minutes

Introduction

Teacher demonstrates a relaxing monster massage.

Activity

1. Use your thumb to massage the palm of your other hand. Feel how soothing it is.
2. Now change hands. Does massaging a different hand feel different?
3. Form a monster claw with one hand and massage your other hand using your monster claw.
4. How different does this feel?

Plenary

Good techniques to help relax the brain and release agitation.

Note to teachers: You can use other objects, like feathers, silk scarf, or a tennis ball.



KS2: End of day activity

Monster Whisper/Memory Game

Area of focus: Concentration

Monster: Thinky

Duration: Approximately 5-7 minutes

Introduction

Secret whisper. Will the name or sentence remain the same at the end of the game?

Activity

1. Everyone in a circle, pass on a message such as:
"Thinky eats jam and broccoli sandwiches standing on one leg"
2. Whisper this to the person sitting next to you.
3. Go around the circle until the last person receives the whisper.
4. The last person says the sentence out-loud. How did it differ from the first whisper?

Plenary

See how well pupils can concentrate on listening and try to remember! Use longer and trickier sentences to test them!

Or...

Activity

1. The aim is to really concentrate on what each person says.
2. It could be a shopping list or nice words "I went to the shop and bought a carrot", "I went to the shop and bought a carrot and a hat". "I went to the shop and bought a carrot and a hat and a dog".

Note to teacher: Test the pupils memory by giving them a word or phrase in the morning and see if they remember it by the end of the day.



KS1: End of day activity

Thinky Monster Move

Area of focus: Concentration

Monster: Thinky

Duration: Approximately 2 minutes

Introduction

Concentrate on balancing and moving at the same time.

Activity

1. Pat your head with one hand, now rub your belly at the same time with the other. How good are you at doing this?
2. Now swap hands.
3. Optional - Increase the level of difficulty. Add standing on one leg.

Plenary

Can you balance and concentrate at the same time?



KS1/2: End of day activity

Monster Mystery Artists

Area of focus: Creativity

Monster: Sparky

Duration: Approximately 10 minutes

Introduction

Teacher demonstrates drawing a picture of a monster or toy in the air with their finger and gets everyone to guess. Each pupil gets a picture of an object or animal to draw.

For KS2 this can be an imaginary image of their choice.

Activity

1. Get into pairs, ask your partner if it's ok to draw on their back with their finger or in the air in front of them (consent is a must!).
2. If they are comfortable, draw on their back.
3. Use an image from a picture and start to draw that image on their partners back.
4. Partner to guess what it is!
5. Now swap.

This works well in a crossed leg circle on the floor, just change direction when the time comes to swap.

Plenary

Be creative, use imagination and be calm.



KS1: End of day activity

Hello Monster

Area of focus: Positivity

Monster: Giggles

Duration: Approximately 5 minutes

Introduction

Pass on the smile and bring happiness into the classroom.

Activity

1. Ask the children to form a circle, turn to the person sitting next to you and say "hello, my name is ... please try and make me smile".
2. The person you said this to has to try and make you smile.

Plenary

Notice how smiling and laughing makes you feel.

Being positive about things can make you feel happy



KS2: End of day activity

Monster Meditation and visualisation

Area of focus: Relaxation

Monster: Snug

Duration: Approximately 5 minutes

Introduction

With everyone sat at their desks and eyes closed, we will begin the monster meditation.

Teacher to read:

Imagine you are sitting on one of Snug's wings.

You are really high in the sky, but you feel completely safe and supported by Snug.

Snug's wings are soft and bouncy, and you can feel the wind on your face.

Snug lands on the fluffy cloud. Feel that cloud against your skin.

Gently move your arms and legs, feel how soft and gentle the cloud is.

You feel nice and safe as you nestle into the softness of the cloud.

This cloud is your secret hideaway place, where you can build a den.

You love being surrounded by these fluffy warm clouds.

Imagine you are laying down on the clouds, stretching out.

Feel your whole body relaxing as you lie in the soft white clouds. Stay here in your secret den and dream your magical dreams.

Plenary

When you're ready, open your eyes. How do you feel? Do you feel calm? Does this feel nice?



KS1: End of day activity

Tranquil Monster

Area of focus: Relaxation

Monster: Snug

Duration: Approximately 5 minutes

Introduction

We are going to do some gentle monster stretches. No talking from now on. Pupils need to think about being quiet and calm.

Activity

1. Sit on the floor in a kneeling position, with your arms by your sides. Now gently lower the top part of your body, and softly place your head on the ground in front of you.
2. Keep your arms by your side, with palms facing upwards.
3. Imagine you are a monster egg tucked up inside your warm shell, still and silent.
4. Breathe in and breathe out, breathe in and out.
5. Stay still.
6. After 30- 60 seconds in this position slowly uncurl out of your shell.
7. Stand up and stretch your arms to the sky.

Plenary

How has that made you feel?



KS1/2: End of day activity

Big Monster Wave

Area of focus: Concentration

Monster: Thinky

Duration: Approximately 5 minutes

Introduction

Now we have mastered monster waving, we can now do a big monster wave. This can be done in the classroom or in the school hall.

Activity

1. We're going to concentrate together and do a really big monster wave across the hall or classroom.
2. We are going to stand in a circle and the teacher will start with the first wave.
3. The person to their left will copy the wave, as will the next person, and the next person and so on.

Plenary

Did you find this hard to be ready to wave when it came to your turn?